

We claim:

1. A computerized handheld substantially pocket size device for satiety registering and response to satiety, utilized in aiding a person, in a controlled manner, to appreciate when to eat, comprising in-/output means, electronic memory, and a display screen, further comprising:

a modified Borg type scale representing ratings of satiety on said screen;

a means for alerting said person to register through said input means felt satiety on said scale in a predetermined number of intervals following a food-intake; and

at least one of an indicating and an alerting means acknowledging when food-intake is accepted for said person, thus aiding said person in a smooth long term dieting contradicting extreme excessive short term dieting.

2. A device according to claim 1, wherein said scale at least partially is partitioned in incremental steps linguistically expressed in terms ranging from approximately no satiety to a maximum of satiety or in terms equivalent to those, said device also being used to register felt satiety during a meal.

3. A device according to claim 1, wherein said indicating means is a floating color scale within said modified Borg type scale indicating from less brighter colors to brighter colors after registering a felt satiety, indicating when eating is more and more recommended.

4. A device according to claim 1, wherein said indicating means is a floating color scale within said modified Borg type scale indicating from brighter colors to less brighter colors after registering a felt satiety, indicating when eating is more and more recommended.

5. A device according to claim 1, wherein said indicating means is a floating color scale within said Borg type scale indicating from less brighter colors to brighter colors after registering a felt satiety, and a switch switching at a

predetermined brightness to a floating color scale within said modified Borg type scale indicating from brighter colors to less brighter colors after registering a felt satiety, indicating when eating is more and more recommended.

6. A device according to claim 1, wherein said alerting means generates a vibration to said device due to the right to privacy for said person trying to cure a disorder.

7. A method for satiety registering and response to satiety utilizing a computerized handheld substantially pocket size device in aiding a person, in a controlled manner, to appreciate when to eat, comprising in-/output means, electronic memory, and a display screen, comprising:

employing a modified Borg type scale representing ratings of satiety said screen;

alerting said person to register through said input means felt satiety on said scale in a predetermined number of intervals following a food-intake; and

at least one of indicating and alerting when food-intake is acknowledged for said person, thus aiding said person in a smooth long term dieting contradicting extreme excessive short term dieting.

8. A method according to claim 7, wherein said scale at least partially is partitioned in incremental steps linguistically expressed in terms ranging from approximately no satiety to a maximum of satiety or in terms equivalent to those, said device also being used to register felt satiety during a meal.

9. A method according to claim 7, wherein said indicating means is a floating color scale within said modified Borg type scale indicating from brighter colors to less brighter colors after registering a felt satiety, indicating when eating is more and more recommended.

10. A method according to claim 7, wherein said indicating means is a floating color scale within said modified Borg type scale indicating from brighter colors to less brighter colors after registering a felt satiety, indicating when eating is more and more recommended.

11. A method according to claim 7, wherein said indicating means is a floating color scale within said Borg type scale indicating from less brighter colors to brighter colors after registering a felt satiety, and a switch switching at a predetermined brightness to a floating color scale within said modified Borg type scale indicating from brighter colors to less brighter colors after registering a felt satiety, indicating when eating is more and more recommended.

12. A method according to claim 1, wherein said alerting means generates a vibration to said device due to the right to privacy for said person trying to cure a disorder.